



PHP **TENN CARE**

Winter 2007

Assurance of Non-Discrimination: No one is treated in a different way because of race, color, birthplace, sex, age or disability. Do you think you've been treated unfairly? Do you have questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 866-311-4287. In Nashville, call 743-2000. *Totally Teen* is published by PHP TennCare. Editors: Leslie Sweeden, Christy Newman and Beth Fisher. Send comments to: PHP TennCare, 1420 Centerpoint Boulevard, Knoxville, Tennessee 37932.

SEE for yourself. *It works!*

Sleep, sweet sleep

If you are not getting nine hours of sleep every night, you are probably not getting enough. When you don't get enough sleep, you are tired and do not function as well in school. According to the National Sleep Foundation, a lack of sleep can contribute to acne and other skin problems. It can also lead to aggressive or bad behavior such as yelling at your friends and family.

Lack of sleep may even cause you to gain weight! Recent studies suggest that too little sleep can lower levels of the hormone that causes you to feel full. And the hormone that makes you feel hungry increases. Now, there's an incentive for getting enough sleep.

Exercise - go with a plan

You already know that regular physical activity helps you build and maintain healthy bones and muscles. It helps reduce the risk of developing obesity and chronic or long-term diseases. And it reduces feelings of depression and anxiety.

Go with a plan. Decide ahead of time your activities for the week. It will be easier to stick to if you write the activities on a calendar. Include different types of activities. Doing the same thing everyday gets boring. Pick activities that work different parts of the body. If you mostly do activities that require a lot of running, mix in some that build strength or flexibility.

Remember, everything is always more fun with a buddy. Together you can go for a goal. It could be as easy as continuing to do the activities you're already doing — just more often. Or you can pick a new activity and start working on it. Start slowly and work up to at least 60 minutes of activity a day.

Eat right - say 'no' to fad diets

It is a good idea to talk with your doctor if you want to lose weight. Many teens turn to unhealthy diets to lose weight. *Don't cut out whole food groups like grain products and don't skip meals.* These methods leave out important foods you need to grow. Other weight-loss tactics such as smoking, self-induced vomiting or using diet pills or laxatives, can lead to serious health problems.

A healthy eating plan includes (1) fruits and vegetables, (2) fat-free or low-fat milk and milk products, (3) lean meats, poultry, fish, beans, eggs and nuts and (4) whole grains such as whole-wheat bread, brown rice and oatmeal. A healthy diet is low in saturated and trans fats, cholesterol, salt and added sugars.

Sources: Centers for Disease Control and Prevention, the National Institutes of Health

MYTH Depressed people could just "snap out of it" if they really wanted to.

FACT Depression has nothing to do with being lazy or weak. It results from changes in brain chemistry or brain function. Medicine and therapy can often help people to recover. If you feel depressed, let your doctor know.

Decisions and actions can follow you to adulthood

We all make mistakes. Some are small and are soon forgotten. But others can stay with you and affect your future.

Think twice before you do something that you know is wrong. Your decisions and behavior follow you to adulthood.

Sure, you may have thought writing graffiti on your school walls was a big joke. Or stealing something from a store was a big rush. But the label of juvenile delinquent is no laughing matter.

A juvenile delinquent is someone under the age of 18 who commits an act that would be a crime if she or he were an adult.

And even though you may have paid for your actions, your poor

choices could still haunt you. It could affect your entrance into college or the military.

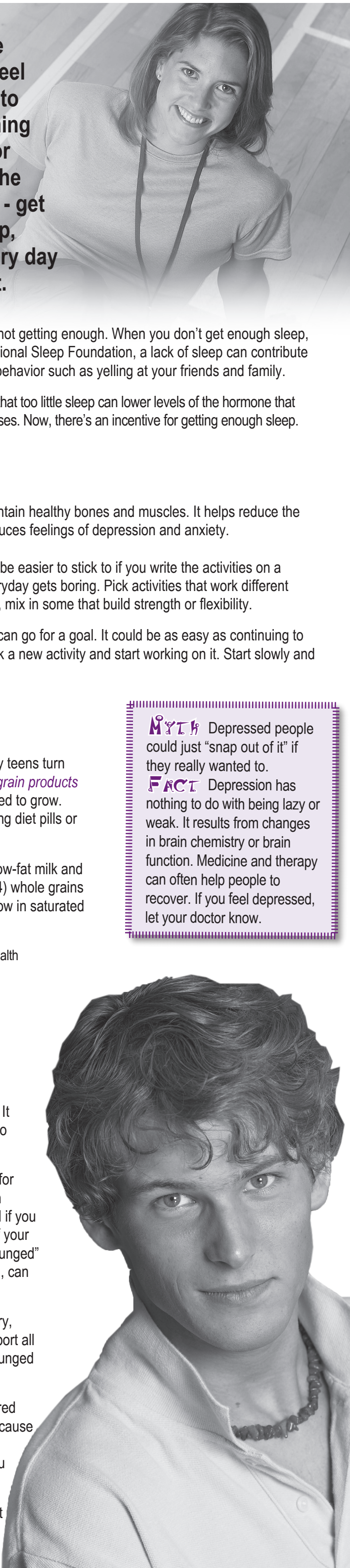
When you apply to a college, for college financial aid or with an employer, you might be asked if you have a criminal record. Only if your juvenile record has been "expunged" (officially destroyed or sealed), can you say "no."

If you are going into the military, federal law requires you to report all criminal history, including expunged juvenile records.

You are not automatically barred from college or the military because you have a juvenile record. Depending on the offense, you can make a fresh start.

It's just easier to make the right choices from the beginning.

Source: U.S. Department of Health and Human Services Office on Women's Health



A wise person once said there are no “dumb” questions. And while that is true, there are some questions that may seem just too embarrassing to ask. Let Straight Talk come to the rescue.

Straight Talk just for Girls

Do you feel one of your breasts is larger than the other? Don't worry - you're not abnormal. It is very common for a girl's breasts to be different sizes. The difference often evens out by age 20. But, it is also normal for breasts to be different sizes even when fully developed. The good news is that other people can't tell when breasts are different sizes.

Don't believe advertisements that claim exercises, vitamins, herbal teas or creams will change the size of one or both of your breasts. Such things do *not* work, says the National Women's Health Information Center. So, save your money.

Throughout puberty, you might see or feel lumps and other changes in your breasts. During your period, they may even feel a little tender or sore. Most of the changes your breasts go through are normal.

To get used to these normal changes, do regular breast self-exams. Your doctor can show you how to do a self-exam. The goal is for you to get used to the way your breasts feel, so you will be able to detect changes.

The best time for a self-exam is about a week after your period starts. Talk to your doctor if you have:

- ◆ Pain in your breast that seems unrelated to your period
- ◆ A new lump, bump or other change in your breast
- ◆ A red, hot or swollen breast
- ◆ Fluid or bloody discharge from your nipple
- ◆ A lump in your armpit



Free HPV Vaccine

A special vaccine is now available for girls ages 9 to 26. It helps protect against Human Papillomavirus (HPV). These viruses cause genital warts and cervical cancer. This vaccine is *free* to eligible PHP TennCare members under age 21.

Straight Talk just for Guys

As you grow into adulthood, your body changes can leave you with some questions. And that's natural. Don't feel embarrassed about discussing anything with your primary care provider.

Concern: I've heard that I should check my testicles for lumps. What's that all about?

Testicles are the part of the male body that produces sperm and male hormones. Males between the ages of 15 and 40 are the most likely group to get cancer of the testicles.

In fact, you can be in great physical shape and still get testicular cancer. That is what happened to Lance Armstrong, the only cyclist to win the Tour de France seven times.

At age 25, Lance began suffering chronic pain. At first he ignored it. When he finally went to the doctor, he was diagnosed with testicular cancer. The cancer spread to his stomach, lungs and brain. He was told that his chance of recovery was less than 50%. If detected early, chance of a cure is 90%. Lance underwent two surgeries and chemo. Fortunately, he made a full recovery and returned to a winning cycling career.

Learning how to do a monthly testicular self-exam is very important. Ask your doctor how to do it. See your doctor if:

- You have pain in your testicles that doesn't go away.
- You notice any lumps or change in the shape of your testicles.



Girls & Guys: As PHP TennCare members under age 21, your visits to a PCP are *free* under TENnderCare.

WISDOM TEETH

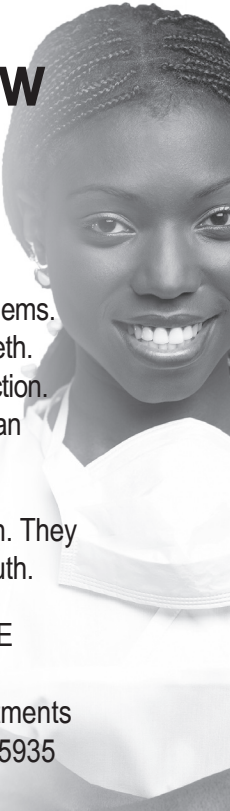
What you need to know

Wisdom teeth are also called third molars. They are the last permanent teeth that you will get. They usually erupt during your late teens or early 20s.

When wisdom teeth come in right, they do not cause problems. But sometimes there isn't room in your mouth for these teeth. That's when they can harm your other teeth or cause infection. If wisdom teeth are partly erupted, they can be hard to clean and become an easy target for bacteria and cavities.

See your dentist twice a year to check your wisdom teeth. They may need to be removed so you can keep a healthy mouth.

As a PHP TennCare member, you have TENnderCARE dental services until you become 21 years old. These services include *free* six-month checkups, fluoride treatments and sealants. Call Doral Customer Service at 888-233-5935 (toll free) to find out more.



PHP TennCare
1420 Centerpoint Boulevard
Knoxville, Tennessee 37932

PHP TennCare Customer Service

Monday - Friday
8 a.m. to 4:30 p.m., EST
servicios al cliente de PHP TennCare
lunes-viernes, 8 a.m. - 4:30 p.m.

865-470-7440

800-747-0008

TDD/TTY 888-765-9687

Bureau of TennCareSM

Toll Free 866-311-4287
TDD/TTY Toll Free 800-772-7647

Do you need . . .

Interpretation or translation services when you visit your doctor? Ask your doctor for details about these free services. You can also call PHP TennCare Customer Service or the TennCare Consumer Advocacy Program at 800-722-7474.

Transportation services to and from the doctor? Call PHP TennCare Customer Service.

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